Turkey Salad

Turkey salad is often made from leftover holiday turkey. It's more enjoyable in the summer, made from frozen chopped turkey, if necessary. Living gluten free often means none of the sandwich and cracker parties that are so common. There are gluten free options. So similar in appearance, it would be easy to mix them up at a party. Another option is topping a pile of gluten free noodles. Eggs can be cooked as early as a day before. If multiple meat salads are made, add a dash of mustard to one to differentiate them.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration
A. Set timer to boil eggs for one hour before meal preparation
B. Set timer to one hour while eggs boil
C. Eggs need to cool before shelling
D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Crackers
Crumbs (gluten)
Eggs
Mayonnaise
Onion
Pepper
Relish
Spices
Turkey

Meatless Preparation Avoid:

Eggs
Turkey
Substitute with: _____

Utensils:
- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
- Pan: 2 to 3 quart sauce pan

Ingredients:

Meat:
- 4 boiled eggs
- 1 cup of chopped turkey

Vegetables:
- Optional:
  - 6 ounces of peas

Other ingredients:
- Dash of salt
- 1/4 cup chopped celery
- 1/2 cup of mayonnaise (adjust as needed)
- 1/4 cup chopped onion
- 2 tablespoons of pickle relish (or diced pickles)
- Spices such as pepper to taste
  - (Commonly includes: garlic powder, lemon pepper)
  - Optional:
    - Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:
1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour
2. Chop and add to medium sized mixing bowl:
   - 1/4 cup of celery
   - 4 boiled eggs
   - 1/2 cup of mayonnaise (adjust as needed)
   - 1/4 cup of onions
   - 2 tablespoons of pickles
   - 1 cup of chopped turkey

Optional:
6 ounces of peas
Spices, such as pepper, to taste
Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.
4. Add more mayonnaise, if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings.
Counter safe: 30 minutes and place in the fridge.
Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources.
Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources.

Reheat Instructions:
Allow to warm on plate for 3 to 5 minutes before eating.